

Competitive Indoor Soccer

F.I.F.A. regulations shall be applied whenever possible, unless otherwise indicated.

Revised Jan 2026

General Intramural Sports Regulations:

- There is no warm-up equipment or game ball provided, so please bring your own.
- Games that start late will finish on time. Halves will be shortened to accommodate the scheduled end time. There will be no extra time added.
- Team rosters are to be submitted and completed online by the team captain (individual who registered the team) prior to league start date. To complete your roster you will need to know each players UCID number and associated email address. All players who do not have a UCID number must contact Client Services at 403-220-7749 to request a UCID number.
 - Input your roster online at <http://www.ucalgary.ca/activeliving/> (Click on your name, drop down to 'My Teams', add email).
- All players must be added to the roster no later than 24hrs before the league play commences. Players may be added after at the Coordinator's discretion.
- Captains are expected to:
 - a) Function as the exclusive point of contact for all communication between IMS and players
 - b) Appoint an alternate captain, who will function as a second contact if the captain is unavailable.
 - c) Contact Active Living Client Services with any playing preferences or requests prior to their sports registration deadline. Requests will not be accepted after the registration deadline.
 - d) Share any relevant information from the League Introduction email with their team.
 - e) Review all documents, resources, and policies related to their sport in detail.
 - f) Complete the captains quiz (found in the league introduction email) 24h prior to the league start date.
 - g) Ensure that all teammates are aware of all IMS policies and rules relating to their sport.
 - h) Ensure that all teammates are on the roster and have their online waivers signed.
 - i) Maintain control of their team and spectator behavior in terms of conduct, safety, and sportsmanship before, during, and after all matches.
 - j) Ensure that any player(s) or spectator(s) exit the vicinity if they are ejected or otherwise asked to leave.
- All players **must complete an online waiver before they are allowed to play.** Instructions on how to sign online waivers can be found at <http://www.ucalgary.ca/activeliving/how-to-register> (Click on shopping cart next to name, waivers).
- All players who have not signed their waivers prior to league play **will be removed** from their rosters.
- All players **must provide photo identification** to the supervisor before they may begin their matches.
- In Competitive Leagues, to be eligible for playoffs, a player must:
 - Be on the team roster.
 - Sign the online waiver.
 - Compete in at least (1) regular season match.
- Teams must meet the Fair Play requirements (3.5 average) to be eligible to compete in playoffs.
- **Suspended players may not be present during scheduled games, if so, the entire team shall be suspended indefinitely.**

- Any games that end after 30 minutes or 1 half of play of scheduled playing time will be considered a completed game and will not be rescheduled.
- Intramural Sports has a **Zero-Tolerance policy** for **fighting** and **abuse** of staff and other intramural participants. This will be strictly enforced.
- Ineligible players include but are not limited to:
 - Current intercollegiate varsity athletes (participating in the same sport of the current academic year)
 - Current professional athletes (in the same or similar sport)
 - Current national team/Olympic athletes (in the same or similar sport)
 - Individuals under the age of 18 and not currently enrolled at the University of Calgary
 - Suspended and or delinquent participants.

For a complete list, see [Intramurals policies and procedures](#)

Defaults:

- A default will occur when a team fails to appear or fails to have a minimum of five (5) players (1 of the opposite gender in mixed) on the field within ten (10) minutes of the start of the game time. Failing to do so will result in a default.
- Defaults will result in the loss of the \$60 Default Bond, and a second \$120 bond will be due before the next match. A second default will result in the loss of this second bond and may result in removal from the league.
- Defaults will be recorded as a 3-0 loss, resulting in 0 Fair play Points, and are -1 points in the standings.
- Teams that give Intramural Sports a minimum of twenty-four (24) hours' notice that they will not be able to field a team will not be charged with a default; the game will be declared a forfeit.
- Forfeits will also be recorded as a 3-0 loss; fair play rating will be awarded at the coordinator's discretion.
- If a team falls below the minimum number of players (due to penalties, injuries, etc.) throughout the game, it will be canceled. Games that are cancelled after 30 minutes or 1 half of play of scheduled playing will be considered a completed game and the score will be upheld. If the game is cancelled before the 30 minutes or 1 half of play of scheduled playing, it will be considered a forfeit.
- Players must be on the roster to play. Players may only be on one team roster per division (ie. Men's, Women's or Mixed). There is no limit to the number of players a team may list on their roster.
- If a team is short players, they may **NOT** pick up players from another team. A forfeit will be declared if a team has used an ineligible player. This may also involve removal from the league, as outlined in the Intramural Sports policies and procedures.

Playing Rules:

- Games will consist of two (2) twenty-five (25) minute halves, with a five (5) minute break between the halves.
- Players are **NOT** allowed to wear metal cleats, rings, watches, bracelets, hats (except goalkeepers), or anything else that is dangerous to anyone on the field (at the staff's discretion).
- Players are **highly recommended to wear shin guards**, and the shin guards must be fully covered by socks.
- Ties will not be broken in regular season games. If a playoff game is tied at the end of regular time, teams will go directly to penalty shots. The teams will shoot a set of five (5) penalty shots. The shots must be taken by five (5) different players. If the game remains tied, the teams will shoot sets of sudden death penalty shots until the tie is broken. Any other players can shoot in the set of sudden death penalty shots.
- Each team must always meet the following requirements during the game:

- Minimum five (5) players on the field
 - Maximum 6 (6) players on the field
 - Maximum ten (10) players dressed
- Mixed divisions must have a minimum of two (2) players of the opposite sex on the court at all times, and a maximum of four (4) players of the same sex on the court at all times. (i.e. two (2) females and four (4) males). The missing spot cannot be filled by a male player.
- Any defaults will result in the default policy being enforced. See [Policies and Procedures](#)
- Unless otherwise stated, all playing rules should follow FIFA Laws of the Game.
 - Boundaries (referee retains the right to redefine the field accordingly)
 - The boundaries of the gym may include walls and various equipment.
 - **If a ball gets caught behind or at the side of the net, it will be blown dead.**
 - The ceiling is out of bounds. A free kick will be taken at the point of contact of the roof.
 - In the Red Gym, the solid green semi-circle defines both the penalty area and the goal area.
 - In the Gold Gym, tape will outline the crease and penalty area
 - If a player puts the ball out of bound, an indirect free kick will be awarded to the opposing team, at the point where the ball left the playing area (except goal kicks and corner kicks).
 - Handballs will result in a free kick from the place of incident
 - Offside offences are ignored.
- No slide tackles are allowed. It could be considered as “playing in a dangerous manner” or “serious foul play”. An automatic yellow card will be issued.
- Any action which results in an opponent hitting the wall is strictly forbidden. It could be considered as “playing in a dangerous manner” or “serious foul play”, followed by a yellow or red card.
 - Players are not permitted to hold the ball at the wall for extended period of time with their hands on the wall, referee discretion.
- Any player receiving official warning will come under disciplinary review by the Intramural Sports Council.
- The 6th foul and every foul after that will result in a penalty shot for the opposing team. Fouls will be cleared at the beginning of every new half.
- We reserve the right to invoke the ‘Mercy Rule’ in the last five (5) minutes of play if there is a difference of seven (7) or more goals between both teams.
- Teams cannot win by a difference of more than 7 goals (ie. If the final score is 12-2, it is recorded as 9-2).
- Red Cards will result in an automatic 2 game suspension and may be extended after review by the Intramural Council based on severity of the incident.
- 2 yellow cards in the same game will be classified as a red card, leading to game ejection and a 1 game suspension. If the 2nd yellow is given in the last 10 minutes of the game, an additional game will be added.
- A cumulation of 2 yellow cards, not in the same game, will result in a 1 game suspension. A 3rd yellow will result in a minimum season suspension and will be reviewed and potentially extended by the Intramural Council.